

Day Hike - Bright Angel Trail

Grand Canyon National Park

National Park Service
U.S. Department of the Interior



Trail Condition: Maintained dirt trail. Steep. Well defined. Some shade on trail, mostly from canyon walls and dependent on time of day. Give uphill hikers the right of way.

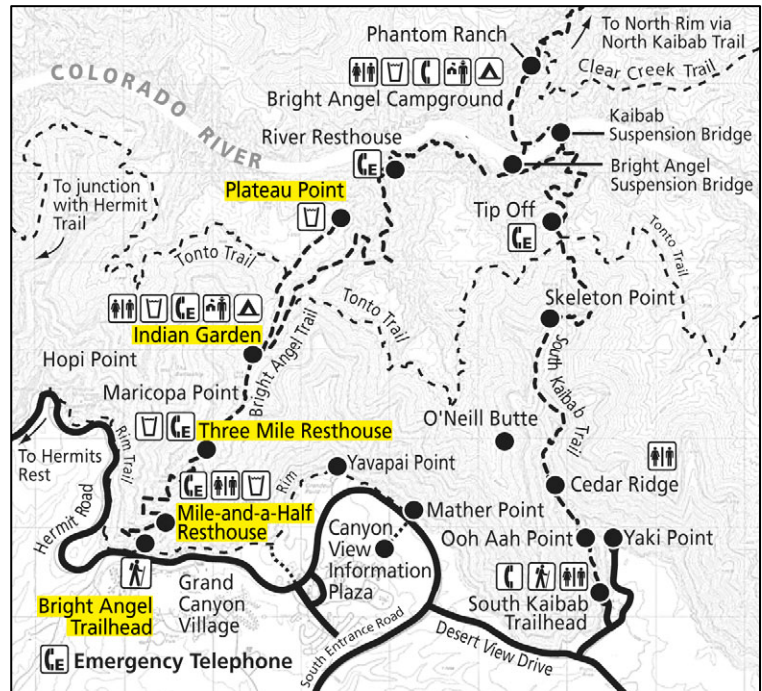
Directions to Trailhead: Located on the South Rim, trail begins just west of Bright Angel Lodge. Follow path along rim, trail starts by mule corral.

Trailhead Elevation: 6,785 feet.

Services: Randomly patrolled by park rangers. Water and restrooms available at trailhead and at Indian Garden. Ranger Station at Indian Garden.

Note: Seasonal trail water (May - September), subject to pipeline breaks.

Check at Visitor Center or Backcountry Information Center for water status. There will be mules on this trail.



The Bright Angel Trail offers wonderful views all along the trail making it very easy to lose track of how far down you have hiked. Additionally, the steepness of the trail is very misleading on the way down. Plan on taking twice as long to hike up as it took to hike down.

Even though the Bright Angel has water along the trail, **you need to carry water**. A common mistake is not carrying water or not carrying enough water. When hiking in a group, each person should be carrying water. **Remember to eat as well as drink while hiking**, you use a lot of energy hiking the canyon.

MULES AND HIKERS - Several recent encounters between hikers and mules resulted in injuries to packers and the death of some mules. To ensure safety for yourself, other trail users, and mule riders, when encountering mules on the trails:

- Step off the trail on the uphill side away from the edge.
- Follow the direction of the wrangler. Remain completely quiet and stand perfectly still.
- Do not return to the trail until the last mule is 50 feet (15 meters) past your position.

During the summer months, when inner canyon temperatures are extremely high, access to inner canyon trails may be restricted to early morning and evening. Information on trail restrictions and trail closures is available at (928) 638-7888 (press 1-3-1).

Destination	Distance (in Miles)		Elevation Feet (at Destination)	Services: W = Water; T = Toilet; E = Emergency Phone			
	One Way	Round Trip		Services			Notes
				W	T	E	
1st Tunnel	0.18	0.36	6708				Not too steep, good to experience a view from within the canyon.
1st Switchback	0.45	0.9	6560				Good turn-a-round point for small children. Trail will start getting steeper.
2nd Tunnel	0.75	1.5	6240				Steep switchbacks after tunnel.
1.5 Mile Resthouse	1.5	3	5720	X	X	X	Water available seasonally only. Good turn-a-round for first time canyon hikers, casual hikers, and late starters.
2 Mile Switchback /Corner	2	4	5490				Trail sign marks location, trail will get steeper from here.
3 Mile Resthouse	3	6	4760	X		X	Water available seasonally only. Great turn-a-round point.
Indian Garden	4.6	9.2	3800	X	X	X	Water available year round. Need to get an early morning start and be in good condition. Do not go past this point as a SUMMER day hike.
Plateau Point	6.1	12.2	3770				View of the river. NO shade. This hike is extremely strenuous due to the distance.
WARNING: Do Not attempt to hike from the rim to the river and back in one day!							

Successful hikers:

- Plan their hike before they start and go prepared.
- Hike during the cooler, shadier time of the day.
- Go slowly, rest often, and stay cool.
- Eat salty foods and drink water or sports drink.

Depending on how prepared you are, your trip can be a vacation or a challenge, a revelation or an ordeal. Over 250 people are rescued from the canyon each year. The difference between a great adventure in Grand Canyon and a trip to the hospital (or worse) is up to YOU.

DO NOT attempt to hike from the rim to the river and back in one day, especially May to September.